

**ABSTRACT OF THE DISCLOSURE****DATA RECORDING AND REPRODUCING APPARATUS,  
METHOD FOR RECORDING AND REPRODUCING VIDEO DATA,  
DISK DRIVE UNIT, AND CONTROL UNIT OF DATA RECORDING  
AND REPRODUCING APPARATUS**

A data recording and reproducing apparatus of the present invention may be constituted by a hard disk drive, which comprises a magnetic disk, an input buffer positioned on an input path, an output buffer positioned on an output path, and a controller located between the input and output buffers and the magnetic disk. The controller operates to store (record) input data in the input buffer and transfer (reproduce) output data from the output buffer simultaneously, in parallel with reading or writing of the magnetic disk.